

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Folate, total (µg)

Food Groups: Fruits and Fruit Juices
Food Subset: Abridged List
Ordered by: Nutrient Content
Measured by: Household
Report Run at: December 14, 2015 14:21 EST

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	202
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	87
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	83
09176	Mangos, raw	165.0	1.0 cup pieces	71
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	70
09442	Pomegranate juice, bottled	249.0	1.0 cup	60
09226	Papayas, raw	145.0	1.0 cup 1" pieces	54
09278	Plantains, cooked	200.0	1.0 cup, mashed	52
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	51
09205	Oranges, raw, with peel	170.0	1.0 cup	51
09152	Lemon juice, raw	244.0	1.0 cup	49
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	47
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	47
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	45
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	38
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	33
09277	Plantains, raw	148.0	1.0 cup, sliced	33
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	31
09059	Breadfruit, raw	220.0	1.0 cup	31
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	30
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	27
09164	Litchis, raw	190.0	1.0 cup	27
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	26
09043	Blackberry juice, canned	250.0	1.0 cup	25
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	25
09160	Lime juice, raw	242.0	1.0 cup	24
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	22
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	22

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	21
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	20
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	16
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	16
09085	Currants, zante, dried	144.0	1.0 cup	14
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	13
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	10
09252	Pears, raw	140.0	1.0 cup, slices	10
09107	Gooseberries, raw	150.0	1.0 cup	9
09084	Currants, red and white, raw	112.0	1.0 cup	9
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	8
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	8
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	8
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	8
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	8
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	7
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	7
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	7
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	7
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	7
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	6
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	5
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	5
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	5
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	4
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	4
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	4
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	4
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	3
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	3
09437	Tamarind nectar, canned	251.0	1.0 cup	3
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	2
09216	Orange peel, raw	6.0	1.0 tbsp	2
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	2
09129	Grapes, muscadine, raw	6.0	1.0 grape	0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0

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09004	Apples, raw, without skin	110.0	1.0 cup slices	0
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0